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Tuesday, September 8, 1998

Tuesday
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PERMIT NO. 188

THE LEMON GROVE

REVIEW



Sweat Gangs

Aerobics in East County

by Keith Antigiovanni

A good description of aerobics is that they are a way to have fun, meet people and still get needed exercise.

Aerobics has many benefits. It helps with the cardiovascular system and increases flexibility in the joints and muscles.

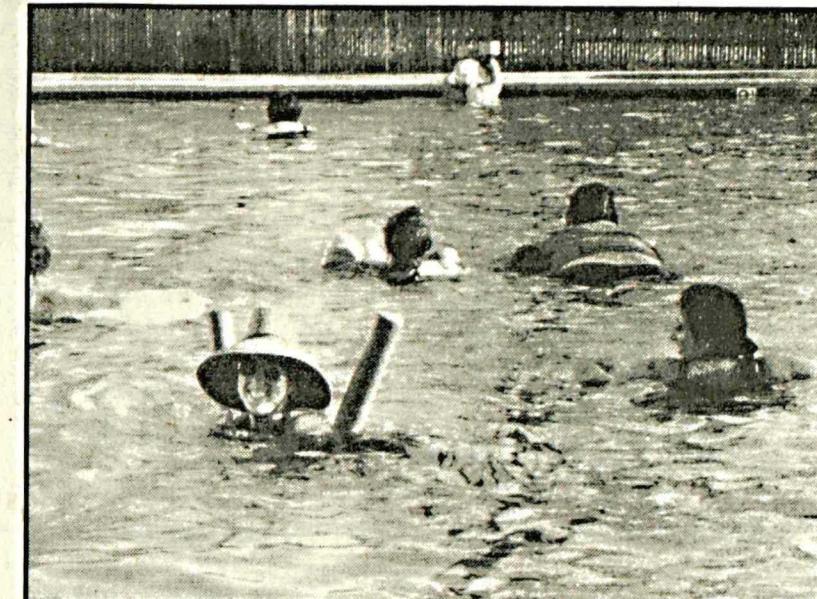
In addition to the physical benefits of aerobics are the social benefits. It motivates people to exercise when they can, and also lets them exercise with others.

"A major social benefit is that when people come to the class, they can exercise and interact with others, which creates more enthusiasm, and helps the diet," said Suzanne Stephens of the Santee Recreation Center.

Most of the students at the Santee classes are women between the ages of 30 - 50, but is open to anyone. Aerobic classes in Santee are taught by Alisa Crandall.

Stephens said that because aerobics has such a strong dance connotation to it, men usually shy away from it. Classes are held at the City Hall, Building 8, on Magnolia Avenue.

The Spring Valley Recreation



Members of Liza Dalyot's (straw hat) water aerobics class can beat the heat and still get a workout at the Davis YMCA. Dalyot has been conducting these classes for two years.

Photo by Marv Rosen

size instructor.

At one time, she was overweight, with diabetes. She needed to take insulin twice a day. Through exercise, however, she was able to lose 50 pounds and lower her blood pressure.

"We want the people who come to the class to feel at ease and comfortable with doing it," said aerobic instructor Yolanda Van Lueven.

She

commented that the benefits are endless. If they can't keep up with the exercises, they are encouraged to march or walk in place, just as long as they keep themselves moving. Exercise is a lifelong learning process. Its important to get exercise, instead of just existing.

Wynell Watkins, another aerobics instructor at Spring Valley, is a plus-

Continued on Page 2

PUBLIC NOTICES**NOTICE OF TRUSTEE'S SALE**

Trustee's Sale No. 05-TI-10200 Loan No. 06493-0 FNMA
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED FEBRUARY 21, 1992 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 23, 1998, 10:00 AM, At the south entrance to the County Courthouse, 220 West Broadway, in the City of San Diego, County of San Diego, State of California, Regional Service Corporation, a California corporation, as duly appointed Trustee under that certain Deed of Trust executed by Michael J. Coen and Olivia H. Coen, husband and wife as joint tenants, as trustees, recorded on March 2, 1992, as instrument No. 1992-015134, of official records in the office of the County Recorder, San Diego County, State of California, and the power of attorney contained therein, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER for cash, or cashier's check (payable at the time of sale in lawful money of the United States) without warranty express or implied as to title, use, possession or encumbrances, all right, title and interest conveyed to and now held by it as such Trustee in and to the following described property situated in the aforementioned County and State, to-wit: Tax Parcel No. 577-510-03. From information which the Trustee deems reliable, but for which Trustee makes no representation, was sold to the first named or other common designation of the above described property is purported to be 8047 Blossom Lane, Lemon Grove, CA, 91945. Said property is being sold for the purpose of paying the obligations secured by said Deed of Trust, including fees and expenses of sale. The total amount of the unpaid principal balance, interest thereon, together with reasonably estimated costs, expenses and advances at the time of the initial publication of the Notice of Trustee's Sale is \$158,330.54. Dated August 26, 1998. Regional Service Corporation, Trustee, By Michael J. Coen, Esq., trustee, Address of Trustee: 720 Seventh Avenue, Suite 400, Seattle, Washington 98104 Telephone No. (206) 340-2550 Sale Information (206) 654-5545 Pub. 09/01/98, 09/08/98, 09/15/98 CNS1636243

NOTICE OF TRUSTEE'S SALE

Trustee's Sale No. 09071226DM Loan No. 09071226DM File Number 09071226APN 470-180-02
YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED OCTOBER 30, 1987 UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On September 15, 1998 at 10:00 AM, N.A.

DELINQUENT TAX LIST
PURSUANT TO SECTION 3381 THROUGH 3385, REVENUE AND TAXATION CODE, THE PUBLISHED DELINQUENT LIST IN AND FOR THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, HAS BEEN DIVIDED AND DISTRIBUTED TO VARIOUS NEWSPAPERS OF GENERAL CIRCULATION PUBLISHED IN SAID COUNTY, FOR PUBLICATION OF A PORTION THEREOF IN EACH OF SAID NEWSPAPERS.
NOTICE.
PUBLISHED DELINQUENT LIST

I, PAUL BOLAND, Treasurer-Tax Collector of the County of San Diego. State of California, hereby certify as follows:
That notice is hereby given that because of non-payment of the total amount due for taxes, assessments and other charges levied in the year 1996 for the Fiscal Year 1996-1997 shown in dollars and cents opposite the description of the property contained in the list below, the real properties on which such amounts were a lien, were by operation of law, in my office at the County of San Diego, declared to be in default at 5 o'clock p.m., on the 30th day of June, 1997.

Tax-defeated real property may be redeemed by payment of all unpaid taxes and assessments together with such additional penalties and fees as prescribed by law, or may be redeemed under an installment plan of redemption.

All information concerning redemption, the initiation of an installment plan of redemption, of tax-defeated property will, upon request, be furnished by PAUL BOLAND, Treasurer-Tax Collector, 1600 Pacific Highway, Room 162, San Diego, CA 92101.

I certify under penalty or perjury that the foregoing is true and correct.

/S/ PAUL BOLAND
Treasurer-Tax Collector
of San Diego County

Executed at San Diego County of San Diego, on August 1, 1998

PARCEL NUMBERING SYSTEM EXPLANATION

The Assessor's parcel number when used to describe property in this list, refers to the Assessor's map number appearing on the map page or block book and the individual parcel number on the map page or within the block. A parcel number as for example, "448-692-12" would mean Block 448 of the Assessor's Maps, Block 692 (Page 69, Block 2) and Parcel 12 within that block. A sub-identification number of 01 or 02, etc. to a parcel, as for example, "448-692-12-01" would indicate multiple ownership or condominium. The maps referred to are available for inspection in the office of the Assessor.

All property herein after described is in the County of San Diego, State of California, all townships being south of the San Bernardino Meridian.

SITUS ADDRESS EXPLANATION
The street address of the property, if any is included as shown on the County Assessment Roll for each parcel declared to be in default. Parcels without an assigned street number are shown as street number 00000.

ABBREVIATIONS

LE-Life Estate LF-Leased From PF-Purchased From TR-Trustee
PROPERTY DECLARED TO BE TAX DEFECTED IN THE YEAR 1996 FOR THE TAXES, ASSESSMENTS AND OTHER CHARGES FOR THE FISCAL YEAR 1996-97.

TAX RATE AREA 15002

479-220-08-00 Chance Philip D & Julie 02933-35 Massachusetts Ave 1,204.86
2 135.82
479-230-34-00 Elk Robert E & Lois M 03010 Clarissa Cl 2,593.16
479-432-29-00 Martinez Milton & Cecile J 07160 Mt Vernon St. 332.82
480-472-08-00 Davis Michael J & Lorna J 07474 Tracy St 1,077.98
576-010-41-00 Granados Rolando A & Ethel O 06921 Ruby Ln 771.92
576-030-10-00 Lederman George M & Diane 02265 Berry St. 672.66
577-212-11-00 Barba 1988 Family Trust and Barto Lee E et al 01661 Cameron Dr. 1,458.06

TAX RATE AREA 15004

503-370-45-00 Bankers Trust Co Tr 08340 Bowen Rd. 656.59
TAX RATE AREA 15005

577-161-06-00 Cones Roy & Elizabeth E. 53.02

577-620-33-00 Diaz Clemente Z & Catalina H 08457 Ildica St. 77.49

TAX RATE AREA 15006

576-321-04-00 Delgado Francisco and Delgado Sergio 01666 San Altos Pl. 68.91
576-471-16-00 Norman Carolyn F and Norman Emma L 01446 La Corta Cir. 308.52

576-561-03-00 Land Samuel & Juanita 01416 El Prado Ave. 845.52

576-562-08-00 Salcedo Philip & Rebeca 07336 Alberdi Dr. 127.76

TAX RATE AREA 15009

480-111-18-00 Passarino Paul I Tr 07892-94 Broadway 1,594.02

TAX RATE AREA 15012

479-100-02-00 Alvarez Robert H 03110 Chateau Way 1,316.38

479-491-08-00 Fronczak Stanley W & Leslie M 02322 Bonita St. 1,199.42

480-450-50-00 Ames Capital Corp

Mortgage Services, Inc. as the duly appointed Trustee under and pursuant to Deed of Trust Recorded on November 2, 1987, Instrument #7-62440 of official records in the Office of the Recorder of San Diego County, California, executed by Jerry A. Ross and Vicki Ross, husband and wife as joint tenants, as Trustor, Independent Financial Associates, as Beneficiary. Will sell at public auction to the highest bidder for cash (payable at the time of sale in lawful money of the United States), by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). At the south entrance to the County Courthouse, 220 West Broadway, San Diego, CA, all rights reserved, subject to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein. As more fully described in the Deed of Trust, the property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 7380 Central Avenue, Lemon Grove, CA 92045. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but will be covenant or warranty, expressed or implied, concerning title, possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$67,673.69 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused said Notice of Default and Election to Sell to be recorded in the county where the real property is located and more than three months have elapsed since such recording. Date: 8/19/98 N.A. Mortgage Services, Inc., c/o California Reconveyance Company 9451 Corbin Avenue - N10201 Northridge, CA 91324 (818) 387-7728 Deborah Brinac, Vice President Pub. 08/25/98, 09/01/98, 09/08/98 CNS1634192

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New!**Free Tuesday Live! Box Ads****Free!**

Free reader advertising boxes are now being offered in our six *Tuesday Live* publications. We encourage sports, recreation or fitness items, but, hey, advertise your yard sale if you want.

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Forum Publications is not responsible for veracity of boxes, nor for the accuracy of the ads. We will only make corrections if box is to be rerun (separate application) more than once. We also reserve the right to reject any ad and will not guarantee that a particular free ad will be run (we will try).

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INFANT GEAR. Stroller, car carrier, potty chair. All \$10. 461-0154.

PROF gym recumbent Vision Fitness cycle, programmable, console computer, purchased 5 mos., never used. Pd \$1000; \$850/bst offer 429-0403.

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THIGH, BUTT SCULPTURE. Seen on TV. \$100 asking \$50. New condition.

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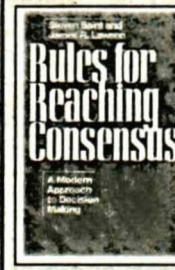
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Sweat Gangs

Continued from Page 1

She noted that not everyone is designed to be 140 pounds, people can be healthy at various weights. Wynell teaches the low-impact aerobic classes for people who are overweight or people who haven't exercised in a while.

La Mesa Recreation Center has classes run by Sylvia, who has a franchise of Jackie Sorensen Aerobics. The classes are held at 4:30 p.m. on Wednesdays, 8:30 a.m. from Monday through Thursday, at 8:30 a.m. Fridays and at 5:30 p.m. Tuesday and Thursday evenings.

Sylvia has been teaching aerobics for 23 years. The classes start everyone at their own level, then they proceed at their own pace.

She said there are various workouts, from abdominal workouts to light hand workouts to build upper



of friendships are created, including celebrating everyone's birthday and using aerobics as a support group.

The East County Davis YMCA in La Mesa also offers a wide variety of aerobic classes.

Aquatics' instructor Liza

Elks seeking students for 27th annual Hoop Shoot

East County school students are being invited to enter competition for the 27th Annual Elk's Hoop Shoot, the national free throw shooting contest for all youngsters age 8 through 13.

It is the largest and most visible of the many youth activities sponsored by Elk's Lodges throughout the United States. The school-level contests will be held during the months of September and October at the schools.

Each school will crown school champions and alternates in all age groups. The school champions will then compete at the next level in December.

Over three million youngsters from throughout the country entered last year's competition for boys and girls in age categories 8 - 9; 10 - 11 and 12 - 13. Over 2,000 of those were from Santee and Lakeside schools, alone.

Elk's Lodge contest winners will compete in the Elk's California Southcoast District event. Winners there continue on with competition through state/regional/national events. Names of the national winners will be inscribed on the Elk's National "Hoop Shoot" plaque, on permanent display in the Naismith Memorial Basketball Hall of Fame in Springfield, Mass.

Jamie Nelson, from Lakeside's Tierra del Sol Middle School, won the Elk's California Southcoast District Championship for 12 - 13 year old girls, and came in third in the all-Southern California event.

Dalyot has been teaching swimming pool aerobics for two years.

According to YMCA instructors, exercising in the pool has all the benefits of regular aerobics, but is less stressful to a person's body, especially someone who is recovering from an injury.

Other types of aerobics taught at the Y include step, low impact, stretch and tone, and interval aerobics, plus other fitness programs.

Another place that offers aerobics are the 24-Hour Fitness gyms in Santee, La Mesa, Grossmont Center and El Cajon.

"We offer all types of aerobic classes, country line dancing, yoga stretch, step,

aqua and hip hop," said Dustin Grime, the sales counselor at the Santee facility.

He commented that the hip hop class is very popular with the younger girls around the age of 14. The classes are offered from 8 a.m. to 8 p.m. on weekdays.

In addition to 24-Hour Fitness, there are other private facilities available in East County, including Jazercise in La Mesa, San Carlos and El Cajon, Fitness Advantage in Spring Valley and the Women's Club in La Mesa.

Recreation centers usually offer free aerobic classes, while the private ones charge fees that vary with the establishment.

Walkers take to malls over hot city streets

By Norrie West

It's been said that exercise is the nearest thing to an anti-aging pill.

Shelly Buono, a specialist in the field of exercise and a director of the Grossmont Mall Walkers program, would cheerfully second motion.

"This program is now 12 years old. It began in 1986 as a part of Grossmont Hospital's cardiac rehabilitation," Buono said. "But it has grown far past that, with 1,450 registered, although I am sure not all of them walk every week."

The Mall Walkers Program actually is a partnership between the hospital and Grossmont Shopping Center - that explains the mall connection.

The more enthusiastic mall walkers meet with Shelly at 8 and 9 every Saturday morning in the center food court for a bit of talk and exercise routine, before heading out on their weekly walk through the mall.

Newcomers are given a map that shows them the walking routes they can take, from half-a-mile to 1 1/2 miles.

Most of the walkers,

largely seniors, do their walking at their own time, checking in at a center store to record their mileage.

Their main desire to walk is for better health - some are ex-cardiac patients, some are mothers who push strollers. Most, however, are just people who want to stay young.

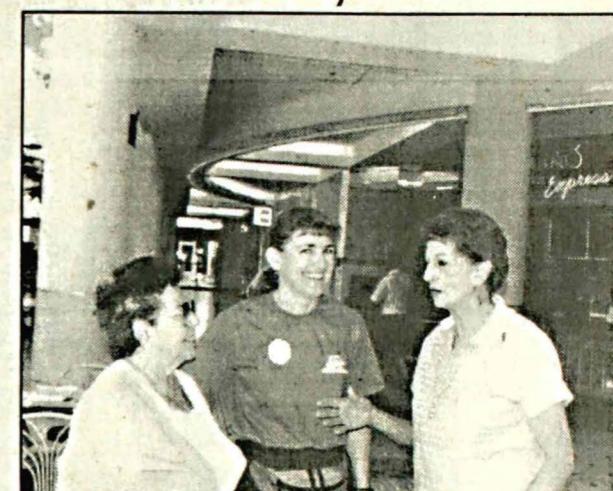
That's the main prize, but there are other reasons - a certificate for 25 miles, a custom t-shirt for 50 and even a prize for 1,000 miles.

That may seem like a lot, but Julinda Pose, who got into the program at the start because of heart surgery, has gone - hold your breath - 12,000 miles.

Another former heart patient, Pat Kellogg, has walked past the 10,000-mile mark. Kellogg, like Pose, is a volunteer in the hospital cardiac rehab department, and also in the La Mesa RSVP program.

One of the happiest walkers is Christine McIntosh who is 83 and a resident of San Diego since 1922. She was once a professional dancer.

Another amazing walker is 82-year-old Millie Sedore who goes six miles every Saturday.



Mall Walkers director Shelly Buono (center) chats with veteran walkers Jean Scatano (left) and Beatrice Aronoff.

Photo by Norrie West

There is also David Reavis of Santee, who does his walking in a wheel-chair, accompanied on foot by his wife, Patty.

"It may sound like everyone is 80, but, we have many in their 40s and 50s," Buono said. "Although most are seniors, with their energy and attitude, you wouldn't know it."

The Mall Walkers don't just walk. There are other activities like a trolley trip

All in all, it does far more than the cardiac help it was first designed for.

The best part is that anyone can join in. Just call 644-4214. This is, if you don't mind walking.

East County Recreation Department Phone Numbers	
Santee Community Services Dept	258-4180
Spring Valley Parks and Recreation	479-1832
La Mesa Community Services	667-1300
El Cajon Recreation Department (Kennedy Center)	441-1676
Lemon Grove Recreation Center	668-4575
Lakeside Recreation Center	443-4169

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